

# Training for 1st Endurance Event



On January 9, 2005, a Kent County FIA employee ran in her first ½ marathon (13.1 mi). As part of the Leukemia & Lymphoma Society's Team In Training: [www.teamintraining.org/mi](http://www.teamintraining.org/mi), she joined hundreds of people around the country to train and run the Walt Disney ½ Marathon and Marathon. She was excited to unite her 'renewed' passion for running and to support a great cause.

Through the Team In Training (TNT) program, she had a coach, a training regimen, nutritional advice, a great team of athletes with a common goal, and lots of support. Besides the challenge of training for the ½ marathon, she was committed to raising funds to help stop leukemia, lymphoma, Hodgkin lymphoma and myeloma from taking more lives. Leukemia is the number one disease killer of children, but it strikes ten times as many adults.

She and another Kent County FIA employee had been walking faithfully everyday since April 1st - and when the weather got too rainy, they moved indoors to the gym. March 13th they started core training along with treadmill training. They were also doing separate weight loss programs, and doing great. Then with only a mere 6 weeks under their belts, a flyer came in the mail advertising the 'Team In Training' program. They decided to go for it and train.

Then 3 months later, there was what seemed an endless supply of 'the unexpected', which both endured. There was an emergency surgery for an ectopic pregnancy, gallbladder flare-ups, training injuries ('runners knee'), a hernia surgery postponed 'til after the race, and also some fund-raising issues. However, since they weren't faced with dying on a daily basis, these things seemed petty and hardly worth mentioning. They were glad the race was the start of a new year because, although 2004 got them trained and ready, they couldn't wait for 2005!

One gal was running in memory of an uncle, who lost his fight to this dreadful disease at the very early age of 29. She completed this endurance event in honor of all individuals who are battling leukemia. "These people are the real heroes on our team, and need our support to cross the ultimate finish line - the final cure!"

One gal says, "if I was allowed at least one wish, I would wish for my sons to grow up with one less fear in their lifetimes - the fear of having a blood related cancer, or from knowing someone that does. The fact remains, we're lucky enough to have good health, are able to run and to help make a difference in the lives of others. This in itself is an awesome motivator. Try calling off a 20-minute walk/run knowing someone else is enduring chemotherapy while you're 'taking the day off' because you 'don't feel like it'. Someone once told me "you can do anything for 20 minutes". They were right, and as the clock ticks down, it becomes harder to stop, since there may only be 3 more minutes left on the clock. "

Although only one of the gals was able to complete the program, between the two of them they donated over \$4,000.00 to help find the cure. Their lives have been enriched from the people they met, and especially through those they've helped. They were lucky enough to participate in something they will never forget.

"We are still working out, although our schedules don't allow us to do it together anymore." One gal has joined a gym with her husband and son, and the other has been running at home. Her husband has agreed to start running with her for the first time, and they are planning on running the Old Kent River Bank 5K Run in 2005 together.

What started as just a weight loss step, turned into a lifestyle overhaul - who knew a walk around the block could take you to Disney World!

